

CLAIMS

1. A target guide for assisting a bowler in aligning a shot comprising:

first indicia defining at least one release point, where each release point comprises a position laterally across a width of a bowling lane where a bowler aims to release a bowling ball;

second indicia defining at least one break point, where each break point comprises a position laterally across said width of said bowling lane where said bowler wishes said bowling ball to break direction of travel as said bowling ball travels down said bowling lane; and

third indicia defining at least one target point where a select one of said target points defines a predetermined position on said bowling lane that corresponds to a select one of said release points and a select one of said break points, wherein said bowler targets said select one of said break points by aiming for said select one of said target points and bowling so as to generally achieve said select one of said release points.

2. The target guide according to claim 1, wherein said at least one release point, said at least one break point, and said at least one target point are organized in a table recorded on a substrate.

3. The target guide according to claim 2, wherein:

said at least one release point comprises a plurality of release points, each release point corresponding to a select board as counted from an edge of said bowling lane;

said at least one break point comprises a plurality of break points, each break point corresponding to a select board as counted from said edge of said bowling lane; and

said at least one target point comprises a plurality of target points, each target point corresponding to a select board as counted from said edge of said bowling lane.

4. The target guide according to claim 1, wherein each of said target points falls along an imaginary line that crosses said bowling lane laterally.

5 5. The target guide according to claim 4, wherein said imaginary line is defined as a lateral line that crosses a tip of an arrow on the twentieth board in said bowling lane.

6. The target guide according to claim 1, further comprising a starting point associated with each release point that identifies where said bowler should start said shot so as to end up generally at a corresponding release point.

10

7. The target guide according to claim 6, wherein said starting points account for a lateral drift of said bowler.

15 8. The target guide according to claim 6, wherein said starting points account for an arm swing release distance of said bowler.

9. The target guide according to claim 6, wherein a bowler computes the starting points for each corresponding release point based upon a drift and an arm swing release distance that is unique to that bowler.

20

10. A target guide for assisting a bowler in aligning a shot comprising:

a table recorded onto a substrate, said table comprising:

a plurality of release points, where each release point comprises a position laterally across a width of a bowling lane where a bowler aims to release a bowling ball;

a plurality of break points, where each break point comprises a position laterally across said width of said bowling lane where said bowler wishes said bowling ball to break direction of travel as said bowling ball travels down said bowling lane; and

a plurality of target points, where a select one of said target points defines a predetermined position on said bowling lane that corresponds to a select one of said release points and a select one of said break points, wherein said bowler targets said select one of said break points by aiming for said select one of said target points and bowling from said select one of said release points.

11. The target guide according to claim 10, wherein a target point is provided for each combination of release points and break points.

12. The target guide according to claim 10, wherein each of said target points falls along an imaginary line that crosses said bowling lane laterally.

13. The target guide according to claim 12, wherein said imaginary line is defined as a lateral line that crosses a tip of an arrow on the twentieth board in said bowling lane.

14. The target guide according to claim 13, wherein said target point is a lateral distance that is substantially one half the lateral distance from said release point to said break point.

15. A bowling tool for assisting a bowler in aligning a bowling shot comprising:

a target guide comprising a fixed medium having thereon, a table comprising a plurality of release points and a plurality of break points in combination with corresponding target points wherein:

5 each said release point is defined as a position measured generally across a width of a bowling lane where a bowler intends to release a bowling ball down said bowling lane;

 each said break point is defined as a position measured generally across said width of said bowling lane where said bowler intends said bowling ball to
10 break towards bowling pins standing on said bowling lane;

 each said target point is defined as a position along a target line between a foul line and said bowling pins that would be crossed by said bowling ball when said bowling ball is delivered from a select one of said plurality of release points to a select one of said plurality of break points;

15 said bowling tool adapted to be used by said bowler to direct said bowler how to make a shot by having said bowler chose a select one of said plurality of release points on said fixed medium, and a select one of said plurality of break points on said fixed medium, wherein cross referencing said select one of said plurality of release points
20 with said select one of said plurality of break points identifies a select target point to aim for from said select release point to make said select shot.

16. A kit of instructions for teaching a bowling technique comprising:

a target guide for assisting a bowler in aligning a shot comprising:

first indicia defining at least one release point, where each release point comprises a position laterally across a width of a bowling lane where a bowler aims to deliver a bowling ball;

second indicia defining at least one break point, where each break point comprises a position laterally across said width of said bowling lane where said bowler wishes said bowling ball to break direction of travel as said bowling ball travels down said bowling lane; and

third indicia defining at least one target point where a select one of said target points defines a predetermined position on said bowling lane that corresponds to a select one of said release points and a select one of said break points, wherein said bowler targets said select one of said break points by aiming for said select one of said target points and bowling from said select one of said release points;

a first worksheet for assisting a bowler in determining the drift of said bowler;

a second worksheet for assisting said bowler in determining an arm swing release distance of said bowler;

a first set of instructions arranged to illustrate the computation of a starting position of said bowler that corresponds to a desired release point on said target guide; and

a visual guide stored on a fixed medium that includes video examples of how to use said target guide and said first and second worksheets.

17. A method of creating a target guide for assisting bowlers in aligning a shot in a game of bowling comprising:

defining a target line on a bowling lane;

predetermining a plurality of measurements, each measurement defining a

5 position along said target line that associates a select position measured laterally across said bowling lane where a bowler releases a bowling ball to a select break point measured laterally across said lane where said bowler intends said bowling ball to break; and

storing said plurality of measurements on a fixed media as said target guide.

10

18. The method according to claim 17, wherein a bowler uses said target guide comprising:

selecting a desired release point for said shot;

selecting a desired break point for said shot;

15 identifying a select one of said plurality of measurements that corresponds to said desired release point and said desired break point; and

bowling said shot by aiming for said select one of said plurality of measurements.

19. A method for improving the accuracy of aim in a game of bowling comprising:

defining a release point on a bowling lane as a position measured generally across a width of said bowling lane where a bowler intends to release a bowling ball down said bowling lane;

5 defining a break point on a bowling lane as a lateral position measured across a break line of said bowling lane;

identifying a target line across said bowling lane between a foul line and bowling pins of said bowling lane;

for a plurality of combinations of release points and break points:

10 determining a target position defined as a point along said target line crossed by said bowling ball when said bowling ball is delivered from a select one of said plurality of release points to a select one of said plurality of break points; and

15 storing on a fixed media said select one of said plurality of release points, said select one of said plurality of break points, and said target position; and

aligning a shot by:

selecting a first release point from said plurality of release points stored on said fixed media;

20 selecting a first breakpoint from said plurality of break points stored on said fixed media;

identifying a first target position on said fixed media corresponding to said first release point and said first break point;

25 bowling a shot by releasing said bowling ball at said release point and aiming for said first target position.

20. A method of teaching a bowler how to align a bowling shot comprising:

defining a release point on a bowling lane as a position measured generally across a width of said bowling lane where a bowler intends to release a bowling ball down said bowling lane;

5 defining a break point on a bowling lane as a position measured generally across said width of said bowling lane where said bowler intends said bowling ball to break towards bowling pins standing on said bowling lane;

identifying a target line across said bowling lane between a foul line and said bowling pins;

10 for a plurality of release points and a plurality of break points in combination:

predetermining a target point defined as a position along said target line that would be crossed by said bowling ball when said bowling ball is delivered from a select one of said plurality of release points to a select one of said plurality of break points; and

15 storing on a fixed media said select one of said plurality of release points, said select one of said plurality of break points, and said target point; and

instructing a bowler how to take a shot by:

20 selecting a first one of said plurality of release points from said fixed media;

selecting a first one of said plurality of break points from said fixed media;

25 identifying a first target point on said fixed media corresponding to said first one of said release points and said first one of said plurality of break points; and

bowling so as to release said bowling ball at said first one of said plurality of release points and aiming for said first target point.

21. The method according to claim 20, further comprising storing at least a portion of
30 said plurality of break points as column headings for a table on said fixed media;

22. The method according to claim 21, further comprising storing at least a portion of said plurality of release points as rows of said table.

5 23. The method according to claim 22, wherein each target point is stored in said table at a location identified by a row associated with a corresponding one of said plurality of release points and a column associated with a corresponding one of said plurality of break points.

10 24. The method according to claim 20, further comprising determining a drift of said bowler during a typical approach of said bowler when bowling, wherein said drift is a measure of lateral movement of said bowler across said bowling lane from a start of said approach to the completion of said approach.

15 25. The method according to claim 24, wherein said drift is determined by:
identifying a starting point of a sliding foot of said bowler before starting said approach;
allowing said bowler to bowl using said typical approach;
identifying a finishing point of said sliding foot after said typical approach; and
20 determining distance measured generally laterally from said starting point to said finishing point.

25 26. The method according to claim 24, wherein said starting point and said finishing point are identified by counting boards that make up the construction of said bowling lane.

27. The method according to claim 26, wherein said starting point comprises said twentieth board.

30 28. The method according to claim 26, wherein said sliding foot is placed just to the left

of a select one of said boards if said bowler is a right-handed bowler, and said sliding foot is placed just to the right of said select one of said boards if said bowler is a left-handed bowler.

- 5 29. The method according to claim 24, wherein said drift is determined for a plurality of trials, wherein results of said trials are considered in selecting a final drift.

30. The method according to claim 24, further comprising determining a relative drop point of said bowler during said typical approach where said relative drop point defines
10 a lateral offset measured across a width of said bowling lane from a sliding foot of said bowler to a point at which said bowling ball is released from a hand of said bowler.

31. The method according to claim 30, wherein a starting point is determined for each of said plurality of release points.

15

32. The method according to claim 31, wherein said starting point is determined by factoring both said drift of said bowler and said relative drop point of said bowler to said starting point.

20